[redacted]

Must Remain in
Transcription Room

M2487

Sunday, November 3, 1974

Barn/Lunch

MR NYLAND: I'm sorry to stop your different talks. But it is cold in here. Isn't it?

Someone: Yes.

MR NYLAND: So we shouldn't make it too long. I'm sure you're anxious to go back, and do whatever and get warmed up and working. What do you really get out of working, physically? What are you looking for? Is it just a matter of your outside life being busy, together of course with your brain that you use - use the brain correctly. And also of feeling, enthusiasm. Is that all? Have you ever thought about really what is the meaning of Work on oneself while one is engaged in ordinary life? How can you introduce certain elements that at least start to remind you, at times about the existence of something else? We talk many times about the duality of a person. And we simply say outer life and inner life. That what he is ordinarily as a regular personality, and also, that what is within as his spiritual being. or an essential quality. And so when we talk about physical work, what is engaged? Of course we mention every once in a while the necessity of introducing an emotional quality into what you are doing. And also, that if all three centers could come together, there would be a certain unity within oneself, which then would produce, because of that unity a level of being. But have you ever considered the question of engaging your inner life when you are physically engaged in outer activities? What I mean by that is, inner life exists. And many times it is like an energy which is available. And if you re-

MR NYLAND; member, we talked, not so long ago, about different kinds of energies; Energy of place, and energy of kinetic, of movement. And we talked about the Universe as a whole; that that what is taking place is constantly activity, going from one place to another, as it were, being busy. And not standing still, because if anything stands still, it becomes eaten up by Heropass. And that for that reason God Almighty wanted to create Worlds, in order to change the kinetic - the - the energy of place which is available as a result of certain conditions, change that into a kinetic form of energy movement and creation. Only at certain times crystallizing out, again, into energy of place, like a crystallization of certain - certain stars, or planets, or even the Earth. And that then within that crystallization, that energy which is available there becomes again energy of a kinetic origin or a kinetic form. So that then what is within the crystallization again becomes active. The reason for talking about it is that what is not active enough within one, will beable to give to that what is active in the outside world a certain stability and balance. And thatit is ~~this~~ constantly this interchange between an outside activity and an inside one. Within the framework originally assigned to the energy of place of a spiritual world within a man. And then when he wants to Work it starts to develop his inner life into an activity, thereby giving him balance and stability. Some years ago I talked about a gyroscope. You know - you know what is meant by that? It is a revolving something

MR NYLAND: like an axis, or a little wheel that goes at a tremendous speed. And that whatever it is, it has an axis, and it stays at a certain place, and when it is pushed, it comes back again to the same place. Like a rubber ball. Only, because there is activity which requires it to stay in that same place. And the kinetic energy which is then constantly in activity gives this gyroscope a stability so that the outside influences are not going to influence it too much and dislodge it. That what can take place within a person is a kinetic movement on the part of one's inner life. So that it starts to match, more and more, that wnat is the outside world requiring activity on the part of a person when he is working. But that for himself, the stability is only reached, when there is an inner life kinetic energy changing this energy of place within a man, into activity within a man; And then balancing that what is the outside occupation, as a form of energy expression. That is the beginningof Work for a man wishing to develop his inner life for that kind of person of reaching a balance. When the balance is more or less reached; or rather when there is a certain quantity of energy of the inner world and energy of the outer world which can match each other, they can then talk ~~to each other~~ together. They can then exchange between each other certain information. The outside world energy can be encouraged by the energy from an inner ~~world~~ life. An inner life energy can be tested out by the application in the outer world. And it is that kind of balance which then gives

MR NYLAND: solidity to a man when he wants to grow up. And then, the encouragement which constantly should be therewhen you are busy. For instance, this afternoon in whatever you are doing; how much can you now bring this energy of place within you into an activity in correlation with that what you are doing? Rhythm of a certain kind, a balanced expressed in a certain motion. An activity, which is more or less continuous, and gives strength like a gyroscope. Not to be disturbed within, even if there are small disturbances without. Not to live constantly in one's ordinary outside behavior, but let such behavior be fed from within giving it force so that what is affecting the outside energy can be counteracted by something that is of a different kind of value, but wants to remain in balance with that what the outside of the perifery of a personality really represents. If you can see this, how you then can work, you will be tremendously surprised. How much more balance there is possible. And it is not only necessary to adjust yourself in your activities towards the outside world in that what you are doing physically or in relation with other people. But that what constantly should be fed comes from that what is within, I say, within the framework of that what already exists but is as yet, not sufficiently engaged in activity. And the requirement of changing such energy into an activity actually becoming in motion in the first place will affect your emotional state. It will give the chance for the development of that what is the Kesdjanian body within

MR NYLAND: you. So that there your outer life starts to take on a certain coloration; a certain level of your being. Fed constantly with a real wish and a desire which is within you when you wish to Work on yourself. You see, considering that question of last night, that if one Works and tries to become impartial, that then there is a certain deadness, and a deadening influence. Of course it's obvious, that that will happen. But immediately it's overshadowed by the wish for wanting to grow up. Because ~~after~~ that, after all, is the final aim. And only for that, you wish to sharpen the tool. You sharpen the tool, simply, by becoming impartial to it. So that then the judgement is that it is sharp; that it has a quality which is required. The quality that is required for inner life is purity. That means really that you are sincere regarding that what you wish to develop. And you do not want in your inner life influences coming from the outside world. In the balance between the two-inside and outside; that what is a screening influence comes from the outside world. That is within your outside world of your own, you screen that what you don't wantto touch your inner world. That is really the problem, and that is after all, I would say, the secret. You allow certain things to come in to affect you. You don't wish them to go too far and do damage, but you want to counteract it by means of the activity of that what is within already essentially. And when that is there in that kind of a state of activity you know that in the prescence of that, many

MR NYLAND: negativities cannot exist. The accent is on the positivity of that what is going on within. Now, what goes on within? A desire to wish to grow up regarding one's inner life. A desire to wish to understand the continuity of the existence of life, as is now, and is within, and also find out, once in a while, in the expression of the outside world. The concentration of energy in the - in the essential being of a man. Even if he knows that there is life in all the cells which are the periphery of himself; That the constantcy that what can remain in existence as an activity is in the first place related to the existence of being of one's inner life. And that tne level of being of one's inner life is not depndent upon the existence of oneself in a certain form of selfishness. The engagement that one should be actually busy with is to see how much can you allow from the outside coming towards you through different channels then the only - then going through the perifery. I've said every once in a while that influences, such influences which can come as it were from your feet and then enter into your body, because it is using then the Earth as a condenser. And then, the energy of crystallization of the Earth itself changes within a person who begins - Begins to be active and has a desire for wanting to use it. Extracting from the Earth that what is an energy available. As a condenser, that is what is static electricity which then becomes of such attraction changes into the kinetic energy feeding this inner life. You see, that is

MR NYLAND: the purpose of Work. So that you can apply it, wherever you are, and in whatever conditions you happen to be, then it is, for the time being, and particularly, on an afternoon when you come here on a Sunday, and you want to work physically; that the physical activity will be drawing up such energy from wherever you happen to be. And then transfering it, transforming it, that is, converting it within yourself to bring it, because of its quality and its activity, in balance with what you are doing to the outside world. You see now where the solidity of a man really rests? His own being existing as life. And the realization of the conduct of that what is life. I call it again par excellante. That what is within, and is undisturbed; and cannot be touched unless you wish it to be touched. As if, sometimes, God is within you and wants to be quiet. So it is not necessarily then, to talk and talk. about God. Just, to be, within. Feeling and emotionally as an attitude of, let's call it, admiration and devotion. That is what takes place within your life. Within yourself essentially, essentially essence. And then it starts to function. Because then there is a desire on the part of this kind of a force of life to become expressed. Then it takes hold, as it were, of itself and joins the possibility of evolution within each man, within each crystallization of the Cosmic Ray. And it produces, then, the balance to offset influence from involution. You, see, you must see yourself as a possibility of a balanced some-

MR NYLAND: thing, I say, gyroscope in activity. Constantly active. What does one do in meditation when it is right? Remain constantly in activity. When your thoughts are admissable. But if the thoughts make you into, what I called the other day, a Zombie, you are then sleeping. And meditation is no Good. Moreover, it becomes extremely dangerous. Because a person who just sits, and so-called, meditates, and is then, you might say, available for almost anything. that could influence him. Because he is not active enough to, to counteract it. That is, not sturdy enough so that influences can come within him. Such influences exist and will destroy him. Sometimes one can say: like bad spirits taking hold of a man who is not able to withstand such an influence. And then they become too much influence by such energies that are deletirous for the growth of a person. I hope you understand what I mean. When you wish to meditate: keep on pondering. Keep on weighing the thoughts which are within you. Keep on considering the different activities you have been engaged in. And judge them in accordance with their value. Keep active and awake within your inner life. That is really where the awakening takes place, as a result of the existence of an emotional state, in which there is the prescence of God within one. That will start to influence the activity on the part of the brain to become aware. It is sometimes very interesting even when we talk about an "I" existing in the brain. And intellectually discussing it. It is really a little different when one once

MR NYLAND: understands that the reason for one's life is within oneself. And that there is the beginning. The beginning of all life is within one's Magnetic Center. From there, having been attracted to that what exists within to that what is the All Existing existence of Life a man starts to form his living. His inner life as well as his outer life when he has been conceived and born. And then living on this Earth he constantly pushes himself to the periphery. And then the periphery takes over practically all forms of life as energy. And that what is his inner life remains neglected and is not fed. This is the process of the Earth wanting to keep us asleep. And now, the reverse of that is Work, to continue to see how one can get from the outside world of oneself. Of that what one is physically engaged in. To go more and more within, in an essential capacity of the usage of energy of place, and setting it in motion. So that then a balance will be reached within and that within oneself there is sincerity of purpose. These are practical suggestions. They have nothing to do with philosophy. And they have nothing to do with even esoteric knowledge. They are only a reminder that life is eternal. And because of this eternity, there is a possibility of a man understanding himself. And that in the attempts for a wish to understand himself; he has to adapt himself to the conditions of the earth. And work with the Earth around him. On the periphery affecting him. And within himself starting to become more and more active. So that he, himself, becomes a representation of his inner life. Many times,

MR NYLAND: you know, I talk about that. How cam we show that we actually wish to become conscious? And conscientious? Don't be afraid about it. When there is activity there is no danger. When there is positivity, negativity will not affect you. You must make sure that the condition in which you are does not make you more vulnerable. By the continued wish for activity, you will become a gyroscope in which your inner life, more and more, gives you the stability that you will need. Read it in "All and Everything", it is there. You have to find it reading, studying, actually studying; sitting, pondering. So that your head starts to swim, and starts to steam. So that you really wish to find out that what is the essential essentiality of "All and Everything", and the reason why Gurdjieff wrote it up. Maybe for us to use it? I do not know how much use you can make of it. But there is no question in my mind that it exists. And that it could become extremely useful for everybody. To Gurdjieff... Now Victor you want to play a little bit?

END OF TAPE

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